



Sunrise Senior Center  
10650 W. Oakland Park Blvd.  
Sunrise, FL 33351

PRSRT STD  
US POSTAGE PAID  
FT. LAUD. FL  
PERMIT NO. 825

CURRENT RESIDENT OR

The Sr. Center will be  
Closed on 1/1 & 1/21.



Jan/Feb 2013

10650 West Oakland Park Boulevard | 954-746-3670 | [www.sunrisefl.gov](http://www.sunrisefl.gov)

# SUNRISE SENIOR CENTER

## Special Features

*The Senior Center is closed on Saturday and Sunday.*

	Date	Day(s)	Time	Register	Fee
<b>Lunch Bunch</b> Enjoy a kosher hotdog with the fixings, chips & a soda. Spend time with your friends before your afternoon activities.	1/11	F	11:15 am - 12:30 pm	12/7	\$5/\$7
<b>Identity Theft (AARP)</b> Senior Safety Series will educate seniors on health safety, home safety, personal safety and automobile safety. Identity theft is the first in this series, the other topics include: Be alert Be Aware, First Aid/CPR, Home Safety and CARFIT.	1/11	F	10:00 am - 11:00 am	Call to sign up	Free
<b>Ships Ahoy!</b> Bon Voyage! The Sunrise Senior Center meets the Love Boat. "Set a course for adventure" as we embark on our journey; don't miss your chance to personally meet your Captain & the Crew members. Come dressed ready for your lunch with the Captain & don't forget your dancing shoes. Enjoy a catered lunch, desert & much more at the Senior Center. Tickets won't last long. B.Y.O.B. Program #380831A	1/16	W	12:30 pm - 2:30 pm	11/2	\$8/\$10
<b>Senior Picnic</b> Traditional picnic fare will be served including BBQ'd kosher-style hotdogs, hamburgers and all the trimmings. Don't miss the fun and games. #380849A	2/8	F	11:30 am - 2:30 pm	1/4	\$5/\$7
<b>Bunco Party</b> Take your chance to win prizes while playing an easy dice game. Light refreshments will be served.	2/21	TH	1:30 pm - 3:00 pm	1/4	\$5/\$7
<b>CARFIT</b> Trained professionals lead drivers through a 12-point checklist with your vehicle, recommend car adjustments and adaptations, and offer community specific resources and activities that could make your car "fit" better or enhance your safety. This is part of our <b>Senior Safety Series</b> . This event will be held in the Civic Center Theatre Parking Lot.	3/15	F	10:00 am - 2:00 pm	Now	Free
<b>Pajama Party Social</b> Join us for a Rockin' Pajama Party, pillow fights & dancing alright. We'll be making a scene playin' all those fifties songs with live entertainment & interactive games! Pizza, soda pop, & popcorn will be on the menu. Don't miss out! #380822A	3/20	W	1:30 pm - 3:00 pm	2/1	\$5/\$7



Monday Classic Movies - 11:00 AM					At The Movies			*Tuesday New Release Movies - 12:00 noon			
1/7	The Libeled Jean Harlow, William Powell	1936 98 min.	2/4	Robin & the 7 Hoods Frank Sinatra, Dean Martin	1964 123 min.	1/1	Closed		2/5	Men in Black 3 Will Smith, Tommy Lee Jones	PG-13 106 min.
1/14	Dark Victory Bette Davis, Humphrey Bogart	1939 104 min.	2/11	The Bad & the Beautiful Lana Turner, Kirk Douglas	1952 119 min.	1/8	The Amazing Spiderman Emma Stone, Andrew Garfield	PG-13 136 min.	2/12	Sparkle Whitney Houston, Jordan Sparks	PG-13 123 min.
1/21	Closed		2/18	Comedy Fest Bill Cosby "Himself"	1981 105 min.	1/15	Moonrise Kingdom Bruce Willis, Edward Norton	PG-13 94 min.	2/19	Hope Springs Meryl Streep, Tommy Lee Jones	PG-13 2 Hrs
1/28	Casablanca Ingrid Bergman, Humphrey Bogart	1942 103 min.	2/25	The Frisco Kid Gene Wilder, Harrison Ford	1979 119 min.	1/22	Prometheus Michael Fassbender, Naomi Rapace	R 124 min.	2/26	Savages Taylor Kitsch, Blake Lively	R 131 min.
						1/29	Lawless Shia LaBeouf, Tom Hardy	R 116 min.			
* New Release Movie Titles are subject to change. Please call for details.											

# Social Services & Wellness Programs

The City of Sunrise provides information and referral regarding available state, and county social service programs. An emergency food pantry and medical equipment loan-out is available for Sunrise residents who may need temporary assistance due to loss of employment or other financial issues. For more information, contact the social worker at 954-746-3670.

Program	Date (s)	Day	Time	Fee	Registration
<b>Emergency Food Pantry</b>	Ongoing	TU	mornings	Free	Call for Appt.
		TH	afternoons	Free	Call for Appt.

The City of Sunrise operates an Emergency Food Pantry with canned goods for Sunrise residents in need. Visits are limited to no more than once every 3 months, by appointment only & must be arranged with the Social Worker. Please bring proof of residency with you at time of appointment.

<b>Bereavement Support Group</b>	Weekly	TH	9:30 am-11:00 am	Free	Ongoing
This group is facilitated by a professional grief counselor, and is a valuable source of support for those dealing with grief and mourning.					

<b>Free Eyeglass Repair</b>	Weekly	TH	10:00am- 1:00 pm	Free	Ongoing
Get free help repairing your eyeglasses by Leonard Falitz, a licensed optician. He will help repair with nose pads, screws, and minor frame adjustments. He is located in the lobby at the Senior Center					

<b>Blood Pressure Check (Sunrise Fire/Rescue)</b>	1/11, 2/8, 3/8	F	10:30 am-11:30 am	Free	Walk-ins welcome
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<b>Property Tax Exemption Assistance</b>	1/11, 2/8, 3/8	F	10:00 am-11:30 am	Free	Walk-ins welcome
Representatives from the Broward Property Appraiser’s office will help taxpayers apply for homestead and other property exemptions, including those for seniors, widows/widowers, the disabled, and veterans. Bring a Florida Drivers License or ID card; a Broward voter registration card or declaration of domicile; Social Security numbers of all owners; and a copy of the recorded deed or tax bill. Resident aliens must bring a permanent resident green card or proof of asylum.					

<b>Veteran’s Advisor</b>	1/11, 2/8, 3/8	F	9:00 am-12:00 pm	Free	Walk-ins welcome
Broward County Veteran’s Services will have a representative at the Senior Center to provide assistance to veterans and their widows, dependents survivors, regardless of age or other status. Services are focused on attainment and/or maintenance of self-sufficiency. Services include: referral and linkage & benefits and claims processing.					

<b>Free Income Tax Preparation</b>	2/6 - 4/11	Wed. Thurs.	9 am-12:30pm 12 pm-4 pm	Free	Call to schedule appointment
IRS certified volunteers will assist taxpayers whose income does not exceed \$49,000. APPOINTMENT ONLY. Call the Sunrise Senior Center to sign up.					

<b>Be Alert/ Be Aware Lecture</b>	2/15	F	10am – 11am	Free	Call to sign up
Officer Michelle Eddy from Sunrise Police Dept. is covering topics such as purse snatching, suspicious vehicles, & stolen mail. This informative lecture will educate you on what you can do to protect yourself and your community. This is second in our <b>Senior Safety Series</b> held at the Sunrise Senior Center.					

<b>First Aid/ CPR</b>	3/8	F	10:00am – 11:00am	Free	Call to sign up
Breanne Fearon from Fire Rescue will be covering topics such as first aid, medical emergencies, calling 911, choking and CPR. Learn how to care for yourself and your community if an emergency should arise.					

<b>Memorial Regional Mammovan</b>	App.'s Req'd	\$99.00(if not covered by your insurance)	Call 954-746-3670
Open to women 35 years or older, please obtain any prior studies if done at a facility other than Memorial Healthcare System and bring with you at your appointment time. You must bring your written order from your physician/provider. Some insurance companies will cover the mammography, please call to verify. A minimum number of appointments must be signed up in order for the van to come.			

The above programs take place at the Sunrise Senior Center, 10650 West Oakland Park Boulevard.

# Senior Trips

Program	Date(s)	Day(s)	Time	Fee (Members, Non Members)	Program
<b>December Ticket Sale - Call for Availability</b>					
<b>Gulfstream Casino</b>	1/29	TU	9:15 am – 3:30 pm	\$5/\$7	380833A
The promotional package includes \$20 free play & \$7 towards lunch. All participants must bring a photo I.D.					
<b>Actors Playhouse “Other Desert Cities”</b>	1/23	W	11:45 am – 5:00 pm	\$32/\$34	380843A
This scintillating drama is about a family pushed to the brink when their daughter announces she is about to publish a memoir focusing on an explosive chapter in the family’s history. This comedy & drama is with rich dialogue & finely crafted characters.					
<b>January Ticket Sale – 1/4 Members; 1/11 Non-Members</b>					
<b>Coconut Grove Art Festival</b>	2/16	SA	9:00 am – 3:00 pm	\$15/\$17	380842B
Celebrating its 50th anniversary in 2013, the Coconut Grove Arts Festival® is the nation’s top outdoor fine arts festival. The festival showcases the works of over 360 of the finest artists and craftsmen in the world, offering visitors the opportunity to meet with exhibiting artists, sample fine cuisine & enjoy live entertainment.					
<b>Coconut Creek Casino</b>	2/19	TU	9:15 am – 3:00 pm	\$5/\$7	380826A
You must provide your player’s club card # on day of ticket purchase to receive the \$15 free play package. You must bring a valid photo ID day of the trip; packages are subject to change.					
<b>Clewiston Sugar &amp; Citrus Tour</b>	2/26	TU	7:30 am – 4:40 pm	\$43/\$45	380848A
Step back in time with an interesting, historical orientation of Clewiston and Lake Okeechobee. You’ll get an up-close look at a sugar cane farm where we’ll chop and chew some sugar cane and view the latest farming techniques. We’ll also journey to the Clewiston sugar mill, the sugar refinery and citrus juice plant-both state-of-the-art facilities and their newest addition, a tour of the renovated Clewiston Museum.					
<b>Dania Jai Alai</b>	3/5	TU	10:30 am – 4:30 pm	\$5/\$7	380837A
Join us for this fast action game that you don’t want to miss. Place a bet on your favorite pelotari to win.					
<b>February Ticket Sale - 2/1 Members; 2/8 Non-Members</b>					
<b>Hard Rock Casino</b>	3/1	F	8:30 am – 3:30 pm	\$5/\$7	380826B
Be sure to have your players club card # available on day of ticket purchase in order to receive the \$15 free play & \$5 food voucher package. Must bring a valid photo ID day of the trip; packages are subject to change.					
<b>Billy Swamp Safari</b>	3/12	TU	8:45 am – 3:00 pm	\$44/\$46	380824A
Explore the Everglades in amazing way. Enjoy a swamp buggy tour, airboat ride, reptile show & critter show. Bring your own bagged lunch or eat in the café.					
<b>Tour of the Redlands</b>	3/21	TH	8:15 am – 3:15 pm	\$23/\$25	380848B
Start the day at Knauss Berry Farm & enjoy freshly made pecan rolls & cinnamon buns. Then it’s off to R.F. Orchids where you will tour the beautiful grounds & see some of the most beautiful orchids being grown. Afterwards it’s off to the Schnebly Winery for a guided tour & tasting. Afterwards enjoy your lunch under the tiki. To finish off the afternoon we will be stopping by Robert is Here to have your chance to experience a handmade milkshake made with fresh fruit.					
<b>Schakolad Chocolate Factory</b>	4/4	TH	10:15 am – 3:00 pm	\$23/\$25	480851A
The sweet days are still to come! Join us for a trip to Schkolad to learn about various types of chocolate, cupcake making, chocolate design, chocolate dipping & lollipop making and create your own sweet treats. Afterwards enjoy lunch on your own in the Davie Plaza.					

# Jan/Feb Classes & Programs

Program	Date(s)	Day(s)	Time	Register On	Fee	Program#
<b>AARP Safe Drivers Course</b>	Bring a check to class made payable to AARP. (Fees - \$12 AARP Members, \$14 Non- Members)					
	1/16 - 1/17	W & TH	9:00 am–1:00 pm	call for space	\$12/\$14	380853A
	2/20 – 2/21	W&TH	9:00 am – 1:00 pm	1/8	\$12/\$14	380853B
	3/20 – 3/21	W&TH	9:00 am – 1:00 pm	2/5	\$12/\$14	380853C
<b>Beginners Beading</b>	Materials list available from the instructor. Please stop by a class to speak with Instructor Karen McDavitt. (Senior Center membership required) No beading experience needed.					
	1/8 – 1/29	TU	10:00 am–12:00 pm	call for space	Free	380814A
	2/5 – 2/26	TU	10:00 am – 12:00 pm	1/8	Free	380814B
	3/5 – 3/26	TU	10:00 am – 12:00 pm	2/5	Free	380814C
<b>Intermediate Beading</b>	Materials list available from the instructor. Please stop by a class to speak with Instructor Karen McDavitt. (Senior Center membership required) Beading experience needed.					
	1/7– 1/28	M	12:30 pm–2:30 pm	call for space	Free	380812A
	2/4 – 2/25	M	12:30 pm – 2:30 pm	1/8	Free	380812B
	3/4 - 3/25	M	12:30 pm – 2:30 pm	2/5	Free	380812C
<b>Advanced Beading</b>	Materials list available from the instructor. Please stop by a class to speak with Instructor Karen McDavitt. (Senior Center membership required) Must be able to read a pattern.					
	1/8 – 1/29	TU	1:00 pm – 3:00pm	call for space	Free	380805A
	2/5 – 2/26	TU	1:00 pm – 3:00pm	1/8	Free	380805B
	3/5 – 3/26	TU	1:00 pm – 3:00pm	2/5	Free	380805C
<b>Book Club</b>	Join our Book Club... Read the book, examine & discuss the story with a friendly group of new friends. Light refreshments served. Call to sign up.					
<b>“The Blue Diary”</b> By Alice Hoffman	1/25	F	11:30 am-12:30 pm	now	Free	
<b>“The Reason”</b> By William Sirls	2/22	F	11:30 am-12:30 pm	now	Free	
<b>Chess Club</b>	Weekly	F	10:00 am-12:00 pm	Walk-in	Free	
If you have ever wanted to learn how to play chess this is your chance. Lessons and matches are available.						
<b>Computer Programs Beginning Computers</b>	(Due to grant requirements the computer classes are for Sunrise Residents over the age of 62).					
	1/8 – 2/12	TU	1:00 pm-3:00 pm	call for space	Free	380802A
	1/8 – 2/12	TU	6:30 pm-8:30 pm	call for space	Free	380802B
	3/5—4/16	TU	1:00 pm-3:00 pm	2/5	Free	380802C
	3/5—4/16	TU	6:30 pm-8:30 pm	2/5	Free	380802D
<b>Intermediate Computers</b>	1/9—2/13	W	1:00 pm-3:00 pm	call for space	Free	380803A
	3/6—4/10	W	1:00 pm-3:00 pm	2/5	Free	380803B
<b>Technology Class</b>	Weekly	TU	9:30 am-11:00 am	Walk-in	Free	180806A
This class is available to all Sunrise residents over the age of 62. Each month a different piece of equipment will be discussed. Bring in your digital camera, cell phone, tablet or laptop & learn simple operational techniques. Nov Smart Phones, Dec I-Pads For the 1st 30 minutes then open lab.						
<b>Scottish Dancing</b>	Weekly - May	TU	7:00 pm-9:00 pm	Walk-in	Free	
Learn the traditional dances of Scotland. No experience or partner required.						

Program	Date(s)	Day(s)	Time	Register On	Fee	Program#
<b>Exercise Classes Tai Chi</b>	Tai Chi is a great way to improve your balance and help prevent falls. Senior Center membership is required. (Maximum 24 students per class.)					
	Jan	T/F	9:00 am - 9:30 am	call for space	Free	380858A
	Jan	M/W	9:00 am - 9:30 am	call for space	Free	380858B
	Feb	T/F	9:00 am - 9:30 am	1/9	Free	380858C
	Feb	M/W	9:00 am - 9:30 am	1/9	Free	380858D
	Mar	T/F	9:00 am - 9:30 am	2/6	Free	380858E
	Mar	M/W	9:00 am - 9:30 am	2/6	Free	380858F
<b>Aerobics</b>	Senior Center membership is required. (Max. 24 students per class.) Higher activity level than Fri					
	Jan	TU	9:30 am -10:30 am	call for space	Free	380857A
	Feb	TU	9:30 am -10:30 am	1/9	Free	380857B
	Mar	TU	9:30 am -10:30 am	2/6	Free	380857C
<b>Stretchercise &amp; Hand Weight Class</b>	Senior Center membership is required. (Maximum 24 students per class.)					
	Jan	F	9:30 am -10:30 am	call for space	Free	380856A
	Feb	F	9:30 am -10:30 am	1/9	Free	380856B
	Mar	F	9:30 am -10:30 am	2/6	Free	380856C
<b>Language Classes</b>	(Due to grant requirements the Spanish & ESOL classes are available only to Sunrise Residents over the age of 62).					
<b>Beginners Spanish</b>	1/7 – 3/4	M	1:00 pm - 2:30 pm	call for space	Free	380821A
	4/1 – 5/20	M	1:00 pm – 2:30 pm	3/7	Free	480821A
<b>ESOL- English as a Second Language</b>	1/10 - 2/28	TH	1:00 pm – 2:30 pm	call for space	Free	380821A
	4/4-5/23	TH	1:00 pm - 2:30 pm	3/7	Free	480817A
<b>Conversational English</b>	1/2 - 2/20	W	12:30 pm - 3:00 pm	call for space	Free	
	1/4 - 2/22	F	10:00 am - 12:00pm	call for space	Free	
	3/13 - 5/1	W	12:30 pm - 3:00 pm	2/6	Free	
	3/15 - 5/3	F	10:00 am - 12:00pm	2/6	Free	
This program is for individuals who are interested in improving their English speaking skills. Meet one on one for 20 minutes weekly, for 8-weeks. Speak with a volunteer who will talk with you in English & help you improve your communication skills. Sign up at the front desk now for your appointment time.						
<b>Painting Classes</b>	Students will be limited to attending 2 painting classes only. Senior Center membership will be required for all levels.					
<b>Beginning Painting</b>	No painting experience needed					
	1/7 – 2/18	M	9:30 am -11:00 am	call for space	\$20/\$22	380811A
<b>Intermediate Painting</b>	Painting experience needed					
	1/11- 2/15	F	1:30 pm - 3:30 pm	call for space	\$20/\$22	380820A
<b>Advanced Painting</b>	2 years+ Painting experience needed					
	1/9- 2/13	W	1:30 pm-3:30 pm	call for space	\$20/\$22	380813A
<b>Sunrise Latin Social Club</b>	Monthly	TU	6:00 pm-8:00 pm	9/4	Free	
	Join us the 1st Tuesday night of each month. This Club is lead by Ana Lopez & is geared towards socialization, building friendships, participating in activities & other special events. Everyone is invited. Senior Center membership will be required 954-746-3670. Quieremos inviter a la comunidad Latina que venga a desfrutal de nuestro centro y ser parte de nuestra comunidad. We invite the Latin community to come embrace our center & be a part of our community.					